

Snowfocus Nanny Service



Our aim at Snowfocus is to ensure an enjoyable and stress free holiday for your whole family. With this in mind, we provide a personalised nanny service from Monday- Saturday from 9:00am until 6:00pm.

Your Child's Day

The children who come to stay with us generally fit into one of three broad groups, but we offer a huge amount of flexibility to ensure that your child's week with us is fitted well to their personality and specific needs and wants.

Under Fours

Babies and toddlers are looked after in the chalet in our lovely play-room. We have a huge range of toys and games for children of all ages and a cupboard full of arts and crafts. The nannies will work hard to keep to any naptime/ meal time routines you have at home in order to help the children feel happy in their new environment.



Inside activities include party games, obstacle courses, building blocks, train tracks, dressing up, playdo and painting. Weather permitting we will make sure the young children get at least 1 hour of outside play a day. Usually the young children spend plenty of time in the fresh air for example they may visit the carousel in town and take their sledges round the lake to meet the snowman or just play in the chalet garden in the snow. We have two all terrain buggies and a double all terrain buggy.

For parents bringing babies and toddlers we are equipped with:

Steam steriliser
Selection of bottles and teats
Car Seats (6mths to 5 yrs)

Potty **Microwave** **Cots**
High Chairs **Changing Mat**
Double and single off road buggy

We are happy to provide homemade baby food for your younger children- just let us know their favourite foods. We can also provide formula and rusks however the branding does differ from what you will find in the UK. Nappies for your young children are provided free of charge but please do advise us of the size you require on the form below.

Skiers aged 4 and 5

By the age of 4, most children are ready to learn to ski. However, it is important not to expect too much too quickly. If they are to have a long and enjoyable skiing career, it is important that they feel



happy and comfortable on the slopes, with or without skis on their feet. To start with we have found that 1-2 hours skiing a day is quite enough, with sliding interspersed with hot chocolate breaks, snowman building and attacking their instructor with snow balls! Our aim is to make sure that all the children, regardless of their age have fun and end their holiday with a positive attitude towards skiing and the progress they have made. With a ski nanny on hand we are able to tailor each day depending on the weather, snow conditions and “excitement level,” so if somebody only wants to ski for ½ hour a day we can offer that flexibility, by the end of the week they may be skiing nearly all day.

Skiers aged 6+



By the age of 6 most children are ready to ski all day. They will have lessons every morning (Monday-Friday) with our handpicked, English speaking ESF instructors, who work solely for us. The skiing nannies will then meet them at the end of their lesson and supervise a hot lunch in a mountain restaurant before handing them back to the instructors for another 2 hours skiing. At 3.00 p.m. the skiing nannies will take the children back to the chalet for a snack, fun and games (or R&R) at the chalet and then supper.

On Thursday morning the ski instructors organise a slalom race so the children can race the “grown-ups” and show off their new skills.

In the morning

Please allow the nannies to put on your children’s boots in the morning so that we can make sure they have a comfortable fit. We will put suncream on your children in the morning unless you ask us otherwise. We will also provide a small chocolate snack for them to eat on their break to keep energy levels high.

Equipment

Please remember that young children get cold more quickly than adults do and that their eyes are particularly sensitive to sunlight and glare. So the following are essential items of clothing:

Good pair of sunglasses and Sun Cream

Pair of goggles

Waterproof gloves/mittens (x2 if poss.)

Waterproof jacket and salopettes

Thermal ski socks which cover the shin (2+ pairs)

Warm hat

Snood/ Balaclava to cover neck and chin

Thin thermal polar fleece

For under fours a one piece snow outfit works well, but if your child is skiing we find that a jacket and salopettes combination allows for much better temperature regulation and makes sudden toilet breaks far smoother. For the younger children it is also enormously helpful if mittens can be attached to a piece of elastic. Mittens are recommended rather than gloves as they keep little hands warmer.

Sunglasses are essential for all children as the sun is stronger up the mountain and this combined with the glare from the snow is very damaging for young eyes. Please make the nannies aware of where your child's sunglasses are.

Skiers will also need a pair of goggles to fit over their helmet. Helmets are available for rent from the ski hire shop. We have a stock of Bollé's fully UVA/UVB protective children's glasses and goggles in the chalet, starting from 15 Euros.

Meal Times

Lunch

Children under six are given lunch at mid-day in the chalet. This consists of a range of simple, balanced and satisfying meals such as scrambled egg on toast, hot dogs, pasta and sauce etc. Cooked and fresh vegetables are served. Fruit or yoghurt is offered for pudding.

The children who are skiing all day will be met by the ski nanny, at mid-day for lunch in a mountain restaurant. A choice of warm, filling meals are available such as omelette and chips, sausage and chips, spaghetti Bolognese etc. The cost of these restaurant meals are charged back to you at the end of the week. Normally only water is served at lunch time.



Drinks

The skiing children will often stop for a hot chocolate/ fruit juice/ water break as a quick rest during their lessons. These cost approximately €3.50 and will be tallied up and charged back to you at the end of your stay. This also applies to any drinks or activities paid for by the nannies whilst out of the chalet during the week, for example merry-go-round trips. For consistency, we do not generally allow children to have fizzy drinks whilst they are in our care.



Kid's Tea

Kid's tea is cooked by the chef or the chalet team fresh every day. It is simple healthy food such as roast chicken, pork chops and mash or shepherd's pie. We generally find that even fussy eaters go along with the crowd and eat really well, but please do let us know if there are any specific foods you children really do not like to eat.

On Wednesdays the chalet team have an evening off and the nannies help the children to create their own pizzas for tea which is always a hit.



Feeding lots of hungry mouths can be a very hectic time! As tempting as it might be to pop in to say "Hello," tea time usually runs a lot smoother without parental involvement. Parents coming in and out of the room can be unsettling for the younger children even if it is not their own parents who are around. If you have any pressing issues you will be able to grab one of the nannies briefly for a chat. If you would like to join us then please be aware that we have a rule that everyone has to remain at the table until we have all finished.

The End of the Day

Who's in charge?

The nanny service runs until 6:00 pm but if you would like to take charge of your children before this time you are of course welcome to. We do ask that you make it clear to the nanny responsible for your child that they are now under your charge. Please avoid coming in to the playroom and then leaving again as this can be unsettling for the children. At the end of the day (6:00) please come to the playroom to collect your children.

Debrief

The nannies will of course let you know if there have been any important issues involving your child throughout the day. If you would like to be de-briefed on your child's day then please come to the playroom at **5:45** to have a chat with the nannies before they hand over the children at 6:00.

Television

The television is sometime on in the playroom but we try to keep this to a minimum. It maybe that the younger children watch some cbeebies whilst their lunch is tidied away. Some afternoons we may watch a film with all the children if they are tired from a long day skiing. You may like to bring some DVDs out with you for your children to share with their friends.

iPods/ iPhones/ iPads/ tablets

Over the last few years children have more and more frequently been wanting to play with their new gadgets. We do think that they have earned some chill out time in the evenings, but we like to restrict this to after tea only so that the children don't spend all afternoon glued to them! If you are happy for your child to use their device or your own device please let us know as we will not allow them to be brought into the playroom without your permission.

Photos

We have a digital camera and digital photo frame so that you can catch up with all the fun the children have had during their day. This will be on display in the playroom at the end of each day and if you have any particular favourite pictures, you are welcome to use a USB stick to copy them to your own computer. If you are not happy for us to take photos of your child, or to share them with other families then please do let us know on the form below.

The Playroom

This room belongs to you and your children during your stay here. Feel free to help yourselves to tea or coffee or to borrow any of the books for bedtime stories. The children are very welcome to play with the toys in the playroom when the nannies are not around but we do ask that they respect the toys and furniture and leave it in a (relatively) tidy state.

SOMETHING FOR THE CHILDREN FROM THE NANNIES

Hi Guys!

The nannies and ski instructors here at Chalet La Sonnaille can't wait to meet you and we hope you are looking forward to your holiday! We want to make sure you have a fantastic time with maximum fun and minimum bossy grown-ups! But do have a few rules which we thought we'd let you know about in advance:

THE PLAYROOM

This is your room for the week, but we do ask for a 5 minute tidy up time every day just before supper – putting all the toys and games back in the right boxes.

If any of you older ones would like some quiet time in your room at any time please tell the nannies that that is what you are doing so that we know where you are and we can make sure the little ones don't try to follow you.

TV/VIDEO/GADGETS

Please feel free to bring your favourite videos and DVDs but they must be U or PG if you want to watch them with the other children. You are allowed to play with your iPods etc. after tea as long as we have your parents' permission.

SKIING

All of you must wear helmets when skiing and also when tobogganing. You won't be the only ones as lots of adults wear them as well (especially the really good skiers!) It is also really important that you keep your goggles or sunglasses on to protect your eyes from being burnt.

Once you get back from skiing please make sure you hang up the clothes you have been wearing skiing so they are nice and dry in the morning. If you leave everything tidily you might even get a prize once the nannies have checked!

SUPPER

After supper we all stay sitting at the table until everyone has finished. Then we all say thank you to whoever cooked our tea before heading back up to the playroom.

SAUNAS AND JACUZZIS

The Jacuzzi and the sauna are for the mums and dads. If your parents are happy to take you into the Jacuzzi when they get back from skiing then that is fine. It is not something we can do in the afternoon otherwise the water gets too cold for when the grownups return. Likewise you may only go into the sauna with your parents as they can be pretty hot and dangerous places.

All quite simple really, so let's have a great time together and we'll see you soon.